We claim:

1. A process of displaying and recording resistance training parameters on an electronic recording device during a resistance training workout, the process comprising the steps of:

    (i)   displaying a target parameter Y in connection with a first exercise set of the resistance training workout on a display device of the recording device;

    (ii)   performing said first exercise set; and

    (iii)   confirming said target parameter Y with a single keystroke;

whereby information relating to said target parameter Y is stored in a memory device, and whereby a target parameter Z in connection with a second exercise set is subsequently displayed on said display device.

2. The process of claim 1, wherein two target parameters Y and Y' in connection with the first exercise set are displayed together.

3. The process of claim 2, wherein said two target parameters Y and Y' may be confirmed together with a single keystroke, whereby respective target parameters Z and Z' in connection with the second exercise set are subsequently displayed on said display device.

4. The process of claim 3, wherein said target parameter Y comprises the repetition count and said target parameter Y' comprises the exercise weight in connection with the first exercise set.

5. The process of claim 1 comprising two additional steps prior to displaying said target parameter Y, the two additional steps comprising:

    (i)   displaying an initial target parameter X in connection with said first exercise set of the resistance training workout on the display device; and

    (ii)   confirming said initial target parameter X with a single keystroke;

whereby information relating to target parameter X is stored in a memory device.

6. The process of claim 5, wherein said initial target parameter X comprises the exercise weight.

7. The process of claim 6, wherein said target parameter Y comprises the repetition count.

8. The process of claim 1, wherein said electronic recording device includes an input device having a number of inputs less than or equal to five.

9. The process of claim 1, wherein said electronic recording device includes an input device having a number of inputs less than or equal to four.

10. The process of claim 1, wherein said electronic recording device includes an input device having a number of inputs less than or equal to three.

11. The process of claim 10, whereby the value of said parameter Y may be modified

during the workout, and whereby information relating to said modified variable is stored in the memory device by confirming said modified variable with a single keystroke.

12. A process of displaying and recording resistance training parameters on an electronic
5 recording device during a resistance training workout, the process comprising the steps of:

    (i)   displaying a target parameter Y in connection with a first exercise set of the resistance training workout on a display device of the recording device;

    (ii)   performing said first exercise set; and

10   (iii)   displaying a target parameter Z in connection with a second exercise set of the resistance training workout;

whereby information relating to said target parameter Y is stored in a memory device without any keystroke, and wherein a preset amount of time elapses between displaying said target parameter Y and displaying said target parameter Z on said display device.

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13. An electronic recording device for recording resistance training parameters thereon, the electronic recording device comprising:

    (i)   an input device having inputs for executing a workout routine; and

    (ii)   a display device having a display surface area;

20 wherein the number of said inputs is less than or equal to five, and wherein the display surface area is less than or equal to two square inches.

14. The electronic recording device of claim 13, wherein the number of said inputs for

executing said workout routine is less than or equal to four.

15. The electronic recording device of claim 13, wherein the number of said inputs for executing said workout routine is less than or equal to three.

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16. The electronic recording device of claim 13, wherein the number of said inputs for executing said workout routine is less than or equal to two.

17. The electronic recording device of claim 16, wherein the first of said two inputs is a push-button device, and wherein the second of said two inputs is a rotating device.

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18. The electronic recording device of claim 13, said input device having a total number of said inputs less than or equal to five.

15 19. The electronic recording device of claim 13, said input device having a total number of said inputs less than or equal to four.

20. The electronic recording device of claim 13, said input device having a total number of said inputs less than or equal to three.

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21. The electronic recording device of claim 15, wherein said electronic recording device is provided in a wristwatch body.

22. The electronic recording device of claim 21 having a vibrating indicator mechanism for notifying a user to initiate a set of a resistance training exercise.

23. The electronic recording device of claim 15, wherein said electronic recording device is provided in a body of a sport wristwatch.

24. The electronic recording device of claim 23, wherein said display surface area is less than or equal to 1.5 square inches.

25. The electronic recording device of claim 23, wherein said display surface area is less than or equal to one square inch.

26. The electronic recording device of claim 23, wherein said display surface area is less than or equal to 0.5 square inch.

27. A system for setting up, recording, and tracking a resistance training workout comprising:

    (i) an electronic recording device having a first user interface having an input device and a display device;

    (ii) a second user interface physically separate from said recording device and capable of communicating with said recording device;

    (iii) a workout routine executed on said electronic recording device including logic for (a) recording data corresponding to at least two resistance

training parameters including exercise weight and repetition count and (b)

sending said data to a memory device of said recording device; and

(iv)   communication means for transferring said data between said first and

second user interfaces;

5   wherein said input device has inputs for executing said workout routine, and wherein the

number of said inputs is less than or equal to three.

28.   The system of claim 27, wherein said communication means comprises one of an

infrared connection and a universal serial bus connection.

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29.   The system of claim 27, wherein said logic may record said data in response to single

keystroke by a user.

30.   The system of claim 27, wherein said logic may record said data automatically

15   without any keystroke by a user.

31.   The system of claim 30, wherein said logic causes the electronic recording device to

display resistance training parameters for a first exercise set for a user determinable period of

time, and then automatically display resistance training parameters for a second exercise set.

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32.   The system of claim 27, wherein a personal computer comprises the second interface.

33.   The system of claim 27 further comprising a central server for communicating with

said second user interface.

34.   The system of claim 28 further comprising a separate workstation for communicating

with said central server.

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35.   The system of claim 20, wherein the electronic recording device is provided in a body

of a sports wristwatch.

36.   A wristwatch having a workout routine for recording resistance training parameters

10   thereon comprising:

(i)   a watch body;

(ii)   a watch band attached to the watch body for fastening the watch body to a

wrist;

(iii)   a memory device in the watch body;

15   (iv)   an input device having at least one input for recording resistance training

parameters, wherein the input device is connected to the watch body; and

(v)   a display device having a display for displaying resistance training

parameters, wherein the display device is connected to the watch body;

wherein resistance training parameters may be recorded on the memory device by executing

20   the workout routine with the input device.